

EFFECTIVENESS OF OCCUPATIONAL THERAPY MANAGEMENT IN STRESS AMONG COMPUTER PROFESSIONALS

A PROJECT WORK SUBMITTED IN PARTIAL FULFILLMENT
OF THE REQUIREMENTS FOR THE DEGREE OF
MASTER OF OCCUPATIONAL THERAPY

(ADVANCED O.T. IN MENTAL HEALTH)

Submitted By

Reg No. 41091202



**JKK MUNIRAJA MEDICAL RESEARCH FOUNDATION
COLLEGE OF OCCUPATIONAL THERAPY
KOMARAPALAYAM – 638 183**

Affiliated by

**THE TAMILNADU DR.M.G.R.MEDICAL UNIVERSITY
CHENNAI – 600 032**

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PRINCIPLE

EXTERNAL EXAMINER

GUIDE

INTERNAL EXAMINER

CERTIFICATE

This is to certify that the Project work entitled, **“EFFECTIVENESS OF OCCUPATIONAL THERAPY MANAGEMENT IN STRESS AMONG COMPUTER PROFESSIONALS”** is a bonafide compiled work carried out by **Reg. No. 410911202**, Final year student, College of Occupational Therapy under J.K.K. Munirajah Medical Research Foundation, Komarapalayam -638 183, in partial fulfillment for the award of Degree of **“Master of Occupational Therapy” (Advanced O.T. in MENTAL HEALTH)** of **The Tamilnadu Dr. M.G.R. Medical University, Chennai-32**. This work was guided and supervised by **Dr.V.A.ANANDHAKUMAR MBBS., DPM., (Psychiatrist)** at the Department of Occupational Therapy, JKKMMRF, Komarapalayam.

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ABSTRACT

AIM:

To find out the effectiveness of relaxation technique in stress among computer professionals.

METHODS:

A random of 60 subjects were collected computer professionals between the age group of 20-40 years STATE AND TRAIT ANXEITY INVENTORY SCALE was used before the treatment and alsoafter 15 days of regular routine to asses the level of stress. Then relaxation technique was introduced and used as treatment.

RESULTS:

There is significant effectiveness after using relaxation technique in state anxiety among computer professioanls.

CONCLUSION:

On the basis of this study it is concluded that the relaxation technique promotes signifciant effect in reducing both state and trait anxevity among computer professionals.

KEYWORDS:

Anxiety, stress, relaxation technique.

INTRODUCTION

Anyone who uses a computer regularly knows how valuable these 20th century machines can be. And anyone who has ever waited for their on-line service to respond, received a "mailbox full" message, had their hard disk crash, been flamed on the internet, upgraded to Winxp, or tried to set up their own home-based computer network knows that there is also a dark side to this modern wonder of technology

From the moment we wake up in the morning to the time we go to sleep at night, we experience a host of minor irritations and frustrations. These can be very small, and include things like suffering a backache from an uncomfortable chair which is more common in computer professionals, being distracted by gossiping colleagues, or wasting time finding things in a cluttered, disorganized environment. Even though these frustrations are small. This creates a background level of stress in our lives, which is then exacerbated by the serious stressful incidents by managing the small stresses in our life; we can reduce the impact of the major stresses when they occur. The body mechanism also plays a vital role for ignited or bringing a stressful condition in a person.

The hormones that eject from the adrenal glands will be acted accordingly under the supervision of the brain. Stress is related to a lot of deviation of a human behavior in his physical as well as mental condition. Now a day's several non-pharmacotherapeutic methods (Technique) are gaining popularity in this field. It is aimed at evaluating the score of stress using STAI (STATE AND TRAIT ANXIETY INVENTORY SCALE). It

is also aimed at identifying peoples in computer profession who are more prone to develop stress and management of stress by using **Alexander Relaxation techniques**.

A. DEFINITIONS OF STRESS

Stress is a physical, mental or emotional strain or tension. Tension is mental or emotional strain, suspense, anxiety or excitement. Anxiety is a reaction to a real or imagined threat, a general feeling of uneasiness or dread. More recent Medical Dictionary definitions incorporate both a response based and a stimulus based approach to stress.

A good definition of stress would be that stress is the condition that results when the person/environment transactions lead the individual to perceive a discrepancy-whether real or not-between the demands of a situation and the resources of the person's biological, psychological, or social systems.

The word '**Stress**' is defined by the **Oxford Dictionary** as "a state of affair involving demand on physical or mental energy". A condition or circumstance (not always adverse), which can disturb the normal physical and mental health of an individual.

In medical parlance 'stress' is defined as a perturbation of the body's homeostasis. This demand on mind-body occurs when it tries to cope with incessant changes in life.

The Encyclopedia and Dictionary of Medicine, Nursing and Allied Health, suggests that stress is, "The sum of the all the non-specific

biological phenomena elicited by adverse external influences including damage and defense. Stress may be either physical or psychological or both.

Stress is something which your body reacts to a particular situation based upon the messages supplied by our brain.

Stress is the outcome reaction that will be shown out by anyone when faced by a different situation which is apart from the normal ones.

B. THEORIES OF STRESS

- Psychological theory
- Neuro-chemistry and physiological theory
- Cognitive-behavior theory

PSYCHOLOGICAL THEORY

Walter Cannon (1929) describes the fight or flight response of the body after perceiving danger or stress. This response mobilizes the organism to respond quickly to danger but the state of higher arousal can be harmful to health if it is prolonged

AIM AND OBJECTIVES

AIM:

The study was conducted to find out the effectiveness of relaxation technique in stress among computer professionals

B. OBJECTIVE:

1. To find out the effectiveness of relaxation technique for state anxiety among computer professionals
2. To find out the effectiveness of relaxation technique for trait anxiety among computer professionals.

HYPOTHESIS

1. There will be no significant effectiveness of relaxation technique's for state anxiety among computer professionals.
2. There 'Nill be no significant effectiveness of relaxation technique's for trait anxiety among computer professionals

LITERATURE REVIEW

Udo Konrad et al conducted study on "**Health Circle for Teleworkers: Selective Result on Stress, Strain and Coping Styles**" three Health Circle were conducted with a total of 17 teleworkers he found that by discussing stressors as well as exchange of experiences and information input by the external experts. These sessions was very useful by the common development of coping strategies. He concluded that participant reported significantly more positive changes in typical stress factors than teleworkers in a control group.

Eugene Kaluzniacky conducted study on "**Work Stress Among Information System Professionals**" in 200 system professionals he found that which hypothesized factors are reported by a majority of employees as being major contributors to their stress. He concluded that insights from this exploratory research should be significant value to information system professionals.

Khosrowpour et al conducted study on "**Stresses in Individual Working in Computer Related Field**" in 231 subjects, he found that changes in technology can create stressors and the author concluded that the men and women who plan design these system have greater techno stress in their jobs and environments.

Robert Glass conducted study on "**An Empirical Study of Occupational Stress, Attitude, Health Among Information System Employees**" he found that programmer stress as being "extremely

common and extremely problematic" and he concluded that deep thinking is easily affected by stress.

Graig Brod conducted study on "**Techno Stress**" he found that "high performance with high technology can exercise dangerous influences on the human personality. Anyone who is constantly working or playing with computer is at risk the author concluded that improvement which likely to reduce their stress by identify, assess and applied stress relieving technique.

LITERATURE REVIEW OF ALEXANDER TECHNIQUE:

Maitland Sheila describes the **ALEXANDER TECHNIQUE** as a means of reeducating people in the way they use and organize their bodies. Its application was explored with 8 people with varying degrees of learning disability. It was hoped that the technique would aid in posture, spasticity and anxiety on the basis of clinical documentation it is concluded that the technique the technique may be of benefit and that it more rigorous evaluation would be desirable.

Valentine, Elizabeth R. 25 music performance students were assigned either control or experimental group that received 15 lessons in the Alexander technique, to investigate the experiential and behavioral effects on music performance in high of low stress situations. The experimental group showed improvement relative to the control group on measures of overall music and technical quality.

RELATED LITERATURE

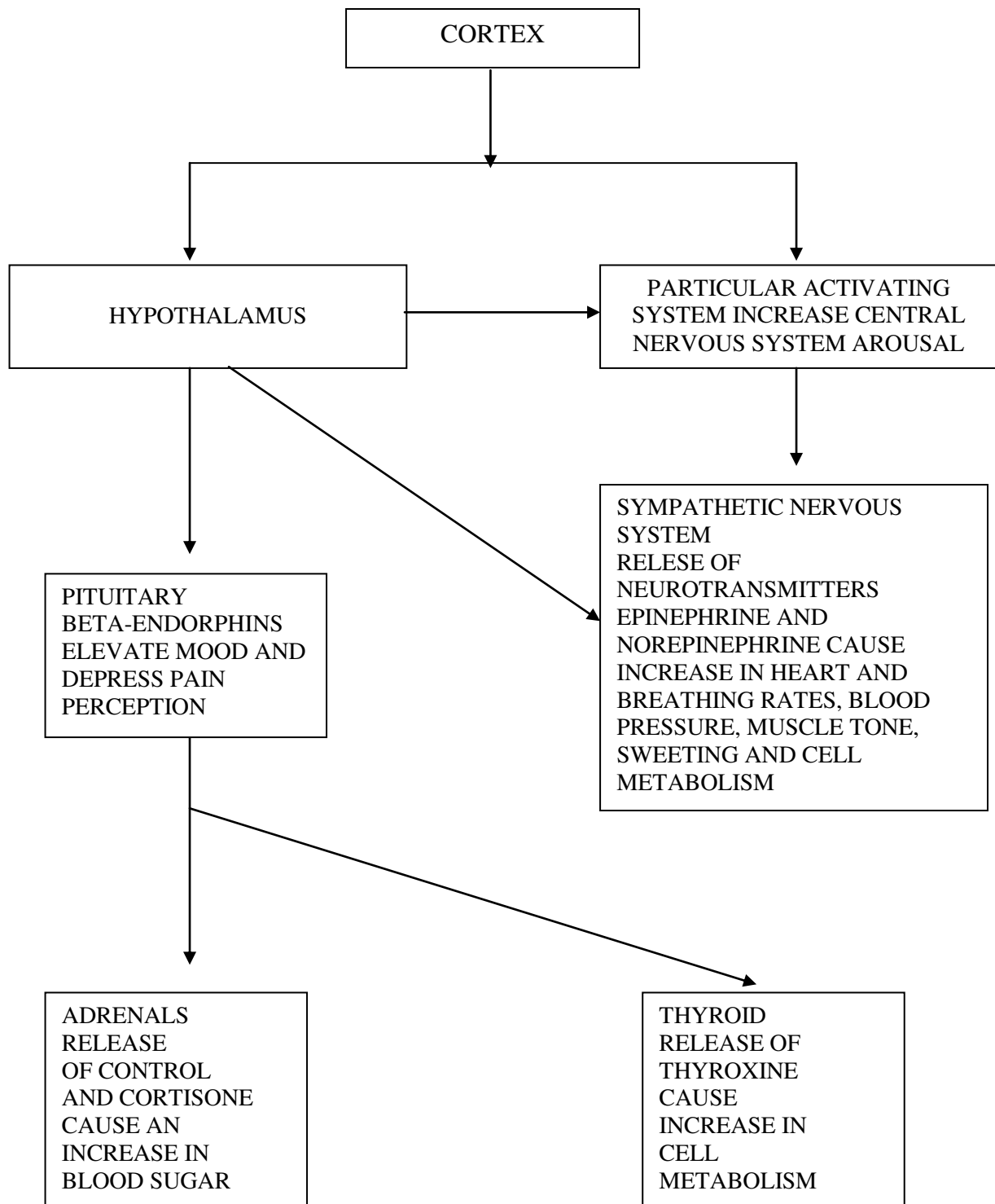
GENERAL ADAPTATION SYNDROME

In medical terms, stress is the disruption of homeostasis through physical or psychological stimuli. Stressful stimuli can be mental, physiological, anatomical or physical] reactions. The term 'stress' in this context was coined by **Austro-Canadian endocrinologist Hans Selye**, who defined the **General Adaptation Syndrome or GAS** paradigm in 1936.

General adaptation syndrome Selye (1956) observed in laboratory animals and in human patients the body's reaction to stress. He found that the fight or flight response was only the first in a series of reactions, which he called the general adaptation syndrome (GAS). The GAS consists of three stages:

1. Alarm reaction
2. Stage of resistance
3. Stage of exhaustion.

STIMULATION PATHWAYS OF THE ALARM STAGE



The alarm reaction: is like the fight or flight response to an emergency. The body is mobilized. At the beginning of the arousal blood pressure drops below normal for a moment, but then quickly rises to above normal. This arousal is produced by the release of hormones by the endocrine system: the pituitary glands secrete ACTH, which causes a heightened release of adrenalin, noradrenalin, and cortisol by the adrenal glands into the bloodstream. The body cannot stay in this state for long without serious consequences. Some organisms in a continuous state of alarm have died within hours or days

Stage of resistance: If the reaction continues and is not strong enough to cause death the physiological reaction enters the stage of resistance. The body tries to adapt to the Stressor. Physiological arousal declines but remains higher than normal and the body replenishes the hormones released by the adrenal glands. The organism may show few outward signs of stress. However, the body may not be able to resist new stresses. The body becomes increasingly vulnerable to health problems. These health problems include ulcers, high blood pressure, asthma, and illnesses that result from impaired immune function.

Stage of exhaustion: Severe long-term or repeated stress will cause the organism to enter the third stage, the stage of exhaustion. The immune system and the body's energy reserves are weakened until resistance is very limited. If the stress continues, disease and physiological damage become increasingly likely and death may result.

NEURO-CHEMISTRY AND PHYSIOLOGICAL THEORY

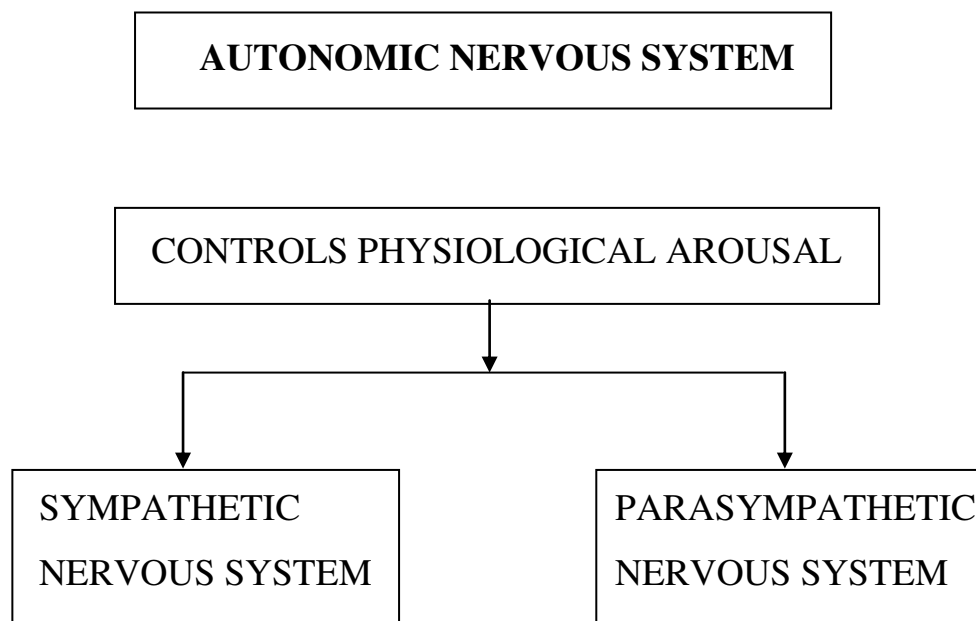
Body system associated with the states of stress and relaxation which include:

- The autonomic nervous system
- The endocrine system and
- The skeletal musculature.

The autonomic nervous system

Physiological arousal is governed by the autonomic nervous system this has two branch

- Sympathatic and
- Parasympathetic



Sympathetic nervous output produces the fight-or-flight response, causing the body to divert blood flow to large muscles as the body prepares to run away from or fight something. Less blood flows to the digestive system and other organs that do not assist in fleeing or fighting, producing dry mouth, motor agitation, sweating, pallor, enlarged pupils and over the long term, insomnia. Modern stressors can cause continual sympathetic nervous system activation with very little opportunity for the parasympathetic nervous system to activate. When the parasympathetic system is active, the bowel and other non-muscle organs receive good blood-flow, the pupils constrict, and the glands all function well and secrete their various compounds. Absence of the autonomic parasympathetic activation leads to poor digestion and may lead to poor healing and organ function.

The endocrine system

The neurochemistry of the general adaptation syndrome is now believed to be well understood, although much remains to be discovered about how this system interacts with others in the brain and elsewhere in the body.

The body reacts to stress first by releasing the catecholamine hormones, epinephrine and norepinephrine, and the glucocorticoid hormones, cortisol and cortisone.

The HYPOTHALAMIC – PITUITARY - ADRENAL AXIS (HPA) is a major part of the neuroendocrine system, is believed to play a primary role in the body's reactions to stress by balancing hormone releases from the adrenaline-producing adrenal medulla, and from the

corticosteroid-producing adrenal cortex. Stress can significantly affect many of the body's Immune systems, as can an individual's perceptions of, and reactions to, stress.

The term psychoneuro immunology is used to describe the interactions between the mental state, nervous and immune systems.

The Noradrenaline is thought to produces changes associated with aggression and fighting behaviour this hormone increase alertness and pleasant feeling of arousal adrenaline is associated with flight behaviour.

The cortisol function is to maintain the fuel supply the muscles high level of cortisol created by prolonged stress

The skeletal musculature

The skeletal musculature act as a mediator in the relief of stress

COGNITIVE-BEHAVIORE THEORY

MEICHENBAUM AND CAMERON (1947) where early proponents of the integration of cognitive and behavioral change through the restructuring of conscious thoughts; behavior was seen as largely governed by the 'self-talk' in which we engage. This is the internal dialogue we conduct with ourselves in order to interprets the world. If the self-talk is positive, the out come of a given task tend to be viewed in positive terms; if the self talk is negative, the out come is tend to be viewed in negative terms. Positive self-talk lead to goal achievement and increased confidence; negative self-talk to feeling of defeat. The

approach was designed to give the individual a feeling of greater control over life and a protection against unnecessary stress.

CAUSES OF STRESS

Any agent or circumstances capable of triggering stress reaction is called **STRESSOR**.

- External physical stressors:
- Internal physical stressors:
- Social environment stressors

EXTERNAL PHYSICAL STRESSORS:

It includes noise, crowding, poor lighting, inadequate ventilation and environmental pollution.

Short- term exposure to many of the chemicals can cause health problems ranging from headaches to respiratory distress.

- Sensory: pain, bright light
- Long-term exposure like concentrating in monitor for very long time can cause more serious health problems
- Work / study: exams, project deadlines
- Environmental: Lack of control over environmental circumstances, such as food, housing, health, freedom, or mobility

INTERNAL PHYSICAL STRESSORS:

Our internal neurobiological environment affects stress responses. Blood levels of enzymes, hormones and other body chemicals fluctuate daily in conjunction with circadian rhythms or biorhythms. GEDCHWIND AND CO AUTHORS [1982, 1985] Have found that there is higher incidence of stresses in left handedness or motor dominance of right hemisphere. HERBERT [1982, 1983] and KAGAN [1984] have claimed that over vigilance of right hemisphere cause stress

SOCIAL ENVIRONMENT STRESSORS

Major life changes that alter social roles and relationship-marriage divorces, job changes , serious illness, death of loved one can increase susceptibility to stress especially when several of these changes occurs with in a brief period of time

Minor changes or day to day aggravation also can act as stresses **LAZARUS [1981]** has identified 3 minor hassles rated as:

1. Misplacing or losing things.
2. Being concerned about physical appearance and
3. Having too many things to do

COMMON CAUSES OF COMPUTER RELATED STRESS

Working with computers can sometimes be stressful. And dealing with computer stress is really no different than dealing with any other type of stress in life. The more you understand and focus upon the underlying causes of computer stress

Work stress can result from a variety of situations. Here are examples of some common situations that can give rise to stress at work:

- Heavy workload can make professionals to feel that too much of work is being passed on to him. This will make him hold grudges against his managers and co-workers. He will feel that he is exploited.
- When less work is assigned to him may make him feel unimportant and his role may not be meaningful to the organization. In this case, the worker may keep working in constant fear.
- Work shift timings may not agree with the worker's biological system, social lifestyle, or family commitments.
- Having many supervisors/team leaders/managers in the same department can generate conflicts. This ultimately leaves the worker confused.
- Economic conditions, such as the outsourcing of call centers to other countries, can make the worker insecure.
- Interpersonal relationships with managers or colleagues can cause a negative impact to the worker.
- The management style also plays a part in contributing to worker stress. For example, if the management follows a hire-and-fire policy, then it dampens the morale of any worker.

Among them we discuss about what are all the causes more prone fore computer professionals

1. FAILING TO ANTICIPATE PROBLEMS

Many stressful problems computer users experience can be prevented. Yes, power outages do occur, but equipment and software controls are available to keep you from losing data. Theft or damage from children, natural disasters, viruses, intruders, and hard disk failures may not always be avoidable.

2. TRYING TO GET BY ON THE CHEAP

Sure you can save some money if you don't upgrade to a Pentium processor, but are the savings really worth all the frustration and anger you may experience when your slower CPU can't keep up with the latest software.

3. FAILING TO ASK FOR HELP

Many novice computer users (and some veterans too), are reluctant to ask other people for help. This can lead to an incredible amount of stress, most of which is totally unnecessary

4. FAILING TO RELATE TO STRESS AS FEEDBACK

Whether you get angry, frustrated, or impatient with your computer from time to time, or whether you worry about some computer disaster befalling you.

5. TRYING TO CUT CORNERS

There are many other ways computer users get themselves into trouble by trying to skip important or critical steps. Trying to use hardware or software without reading the manuals or doing the basic tutorials is one very common cause.

6. BEATING UP ON YOURSELF UNNECESSARILY

Along with the expectations of perfectionism and universally faultless performance comes the very common behavior pattern of beating yourself whenever you do something wrong or make a "dumb" mistake.

7. CONFLICTS WITH OTHER PEOPLE

Much of our stress in life comes from conflicts and interpersonal difficulties we encounter with other people. While the computer world may give you the illusion of working alone and isolating yourself from others,

8. COMPROMISING YOUR OWN OR OTHERS' INTEGRITY

When you do something you know is wrong, you don't have to get caught to suffer consequences. Your unconscious will take over and make sure you are punished

9. STRESS DUE TO JOB SECURITY

People working in big international firms will feel that if they don't work properly, they will be fired from the company. This is because of the feeling that there are lot of people waiting outside to do the job in this company. Thus automatically people will feel the stress. This stress will last until he or she is promoted or encouraged by the higher officials. But in very few cases, the company fires the employees because they are not efficient. Stress Due to inferiority Complex.

People working in big organizations feel that they are not the suitable person to work there. They always think inferior to others. This is the greatest mistake that an employee is committing to himself. This will reduce his efficiency as he will be always thinking about it while working.

Stress Stages

Our mind has different stages while encountering a event. The two stages of stress are

1. Alpha stage and
2. Beta stage.

Alpha Stage

The alpha state is the stage where we do our work. This is the stage where we will be relaxed. We will be warm and comfortable. In this stage we will be waiting to take up the work with a fresh mind. The work done

in the alpha stage is mainly controlled by the sub conscious state. Thus what ever we do in this state, it will be correct and there is very less probability of making mistakes during this state. The alpha stage occurs only twice per day. It is when we wake up in the morning and when we are about to sleep during the night.

During the decision making stages, the sub conscious state is the one which take up the decisions. No mater what the conscious state does, it need to co operate with the sub conscious state in order to take up a decision. Thus this is the reason why we call the sub conscious mind as our energy source.

Beta stage

The beta stage is the situation where the person is in the waking stage. The alpha stage is the first step to unconscious. Usually the decisions we make in our life is a combination of conscious and sub conscious state. Now lets go in detail about how we these states work together.

TYPES OF STRESS:

1. Physical
2. Psychological
3. Behavioral
4. Environmental
5. Emotional

Physical Stress

Physical stress is caused due to the heavy work load stress. These stresses may lead to some predictable physical body changes. They can be easily identified and avoided easily by a medical professional after some medical treatment. For example if a person is having some physical stress, then he will have an irregular heart beat, high blood pressure, frequent urination etc.

Emotional Stress

In emotional Stress if a person come cross to emotional stress, the effect are even more serious. Emotional stress is caused by the person himself either due to the occurrence of some sudden sad incident in their life, or thinking about the past memories. These thoughts will make them bring harm to themselves. Emotional stress extending few minutes can even make the person make injuries to himself. Sometime if the person is not able to control his emotional stress, he may even commit suicide

Environmental:

Lack of control over environmental circumstances, such as food, housing, health, freedom, or mobility may lead to stress

Richard Lazarus published in **1974** a model dividing stress into

A. Eustress

B. Distress

Where stress enhances function (physical or mental, such as through strength training or challenging work) it may be considered eustress. Persistent stress that is not resolved through coping or adaptation (distress) may lead to escape (anxiety) or withdrawal (depression) behavior.

The difference between experiences which result in eustress or distress is determined by the disparity between an experience (real or imagined), personal expectations and resources to cope with the stress. Stress may be relieved by adjustment of expectations to meet the ongoing experiences or conditions. Alarming experiences, either real or imagined, can trigger a stress response.

Positive stress:

Marriage tension, change in environment, adjustment in new location etc comes under positive stress.

Negative stress:

Job problem, financial problem, middle life crisis, etc comes under.

SIGNS AND SYMPTOMS OF STRESS

Initiates of Stress Symptoms

There are many factors that can bring on stress symptoms. There are two different types of stress.

1. Short-term or acute stress and
2. Long-term or chronic stress

Short-term or acute stress:

Some common acute stressors are noise, crowds, isolation, hunger, and infection. Danger or remembering a traumatic event can also stress signs and symptoms to appear.

Long-term or chronic stress:

Chronic stressors may include pressures at work, problems in your long-term relationship, loneliness, and continuous financial worries.

SYMPTOMS OF STRESS

Physical stress symptoms

There are severe physical stress symptoms that you should look out for if the computer professionals are under a tremendous amount of stress. If you can recognize them, then they can better manage them once he/she learn about few stresses management techniques.

It has following consequences

- If person breathing may become rapid and therefore it can result in making the lungs inhale more oxygen.

- This could cause them to hyperventilate if you are not careful. In order to prepare your muscles, lungs, and brain to handle the added demands, your blood flow can increase as much as 400%. Mouth may become dry, making it difficult to talk.
- If the stress causes spasms in your throat muscles, it may be difficult for you to swallow. Skin may feel cool and clammy. This is because our blood flow has been diverted away from skin and heart.
- Severe stress may even shut down your digestive activity for a short period of time because it is not considered to be an important function.

While a certain level of stress is necessary to avoid boredom, high level of stress over a period can damage our health

- Short term physical symptoms
- Short term performance effects
- Long term physical symptoms
- Behavioral symptoms

SHORT TERM PHYSICAL SYMPTOMS:

These mainly occur as our body adapts to perceived physical threat and are caused by release of adrenaline.

- Faster heart beat
- Increased sweating cool skin

- Cold hands and feet
- Feelings of nausea, or "Butterflies in stomach"
- Repaid Breathing
- Tense muscles
- Dry mouth
- A desire to urinate
- Diarrhea

SHORT TERM PERFORMANCE EFFECTS:

While adrenaline helps you survive in a "Fight of flight situation, it does have negative effects in situations where this is not the case:

- It interferes with clear judgment and makes it difficult to take the time to make good decisions.
- It can seriously reduce our enjoyment of work
- Where we need good physical skills it gets in the way of fine motor control.
- It causes difficult situation to be seen as a threat, not a challenge.
- It damages the positive frame of mind we need for high quality work by
 1. Promoting negative thinking
 2. Damaging self-confidence
 3. Narrowing attention
 4. Disrupting focus and concentration and
 5. Making it difficult to cope with distractions

- It consumes mental energy in distraction, anxiety, frustration, and temper. This is energy that should be devoted to the work in hand.

1. Cold hands and feet
2. Feeling of nausea, or "butterflies in stomach"
3. Rapid breathing
4. Tense muscles
5. Dry mouth a desire to urinate diarrhea

LONG TERM PHYSICAL SYMPTOMS:

These occur where our body has been exposed to adrenaline over a long period. One of the ways adrenaline prepares us for action is by diverting resources to the muscles from the areas of the body which carry out body maintenance. This means that if we are exposed to adrenaline for a sustained period, then our health may start to deteriorate. This may show up in the following ways.

- Change in appetite
- Frequent colds
- Illnesses such as:
 1. Asthma
 2. Back pain
 3. Digestive problems
 4. Headaches
 5. Skin eruptions
- Sexual disorders
- Aches and pain
- Feelings of intense and long-term tiredness

BEHAVIOURAL SYMPTOMS OF LONG TERM STRESS:

When we are under pressure. This can show as:

- Talking too fast or too load.
- Yawning
- Fiddling and twitching, nail biting, grinding teeth, drumming findings, pacing etc
- Bad moods
 1. Being irritable
 2. Defensiveness
 3. Being critical
 4. Aggression
 5. Irrationality
 6. Overreaction and reaction emotionally
- Reduced personal effectiveness:
 1. Being unreasonably negative
 2. Making less realistic judgments
 3. Being unable to concentrate and having difficulty making decisions.
 4. Being more forgetful
 5. Making more mistakes
 6. Being more accident prone
- Changing work habits
- Increased absenteeism
- Neglect of personal appearance.

These symptoms of stress should not be taken in isolation - other factors could cause them.

SYMPTOMS AND EFFECTS OF WORKPLACE STRESS

Symptoms and effects of workplace stress may be the following:

Physical:

Headaches, shortness of breath, increased metabolic rate, high blood pressure, indigestion, constipation, fatigue, increased cholesterol, increased stomach acids, stomach ulcers, etc are the symptoms of physical stress.

Psychological:

Anxiety, feeling of helplessness, irritability, depression, lack of concentration, mood swings, extreme sensitivity, etc. are the symptoms of psychological stress.

Behavioral:

Appetite loss, procrastinating attitude, impatience, increased smoking, alcoholism, absenteeism, poor personal hygiene, problems in interpersonal relations with coworkers and managers and similar drawbacks fall under this category.

Signs of Job Stress

The signs of job stress are different for every person depending on how long one is subjected to it and the severity of the situation. The common symptoms are

- Loss of concentration: losing interest in work as a result.
- Insomnia
- Anger and frustration
- Family conflicts
- Health problems, which develop slowly over a period of time, like heart disease, migraine, stomach problems etc.

Stress and burnout

Burnout is the emotional exhaustion in the work arena associated with chronic dis-stress leading to a depletion of resources, emotional and mental fatigue. Burnout can be alleviated or averted through the use of stress management Eustress, by definition, can not lead to burnout.

Stress and Depression

Depression is like a thick, dark fog. There are several factors that can bring it on: Negative life events such as divorce or cumulative stressors; biological changes, as is the case with post-partum depression and bipolar illness; Or by the presence of dysfunctional beliefs such as 'I'm unlovable'. Though depression has various triggers, once it is activated the symptoms are akin regardless of the cause. What is particularly insidious about depression is that when the symptoms are allowed to cycle automatically, the state can maintain itself for weeks, even months.

Stress and Anxiety

Anxiety is a form of stress. Anxiety is feeling of fear and uneasiness. Stress can come from any situation like anxiety, anger, fear, etc. It will not be common in all people. Stress varies from person to person. Some times it is difficult to recognize stress and anxiety in people. But there are some symptoms to recognize the anxiety. The list given below will help us to know about the **Anxiety Stress Symptoms**.

Symptoms of anxiety

Emotional symptoms of anxiety are fear, rapid breathing, decreased concentration, difficulty in sleeping, irritability, loss of temper, depression, anxiousness, confusion, etc. Physical symptoms of anxiety are head aches, sweating, restlessness, increase in blood pressure, increase in heart beat rate, diarrhea, pain in chest, shortness in breath, difficulty in swallowing, urine problem, etc.

Reasons for anxiety and stress

There are many reasons for occurrence of anxiety, fear and stress. Some of them are as mentioned below.

- Anxiety may cause because of poor diet for example taking food which is less in vitamins, rich in carbohydrates and fats, etc.
- Some medicines which lead to side effects also cause anxiety and also with drawl of drugs some times.

- Stress also occurs during financial crisis, health problems, death, divorce, exam tension, interview tension, middle life crisis, negative attitudes and feelings, unrealistic expectations, etc.

EFFECTS OF STRESS

Health Issues

Severe Stress may lead to mental strain as well as physical pressure in the body. As a result our body will get worn out. Some of the syndromes that may occur due to the severe stress are, heart attack, stroke, increased blood pressure, increased pulse rate, skin diseases; cancer, nervous breakdown. These physical problems are caused only when we are exposed to severe stress. Another dangerous effect of stress is that it may even degrade the immunity system of our body. If we are not able to manage our stress, it may even kill us.

Preserving Relationships

Whenever we are under severe stress, we will not be able to know how we are behaving with others. We may speak in harsh words with our family members and relations. Though this is not intentional, there are chances that we may lose their relationships. They may avoid us seeing our behavior. Moreover once we calm down we may not know what we spoke.

Mental Pressure

Stresses not only trouble us physically but also mentally. We may lose our mind stability. Severe stress in our life may make us lose our efficiency. We may start making mistakes. Moreover we may become more and more confused with our work. This behavior slowly will lead to a paranoid state where the person will be not able to know what he is doing.

Effects of Stress at Work

Excess stress definitely causes hindrance to our work. It will make us do nothing other than thinking about the stress. Managers with an excess stress will show their anger towards their fellow workers which will show a bad reputation among the colleagues. Excess Stress will reduce the productivity of the work. Moreover excess stress will make us mentally unfit for the work.

EVALUATION OF STRESS

Following method used to evaluation

- STAI (State and trait anxiety Inventory scale)
- Self Stress Test

Measuring stress

Levels of stress can be measured. One way is through the use of the Changes In Blood Pressure And Galvanic Skin Response can also be

measured to test stress levels, and changes in stress levels. A Digital Thermometer can be used to evaluate changes in skin temperature, which can indicate activation of the fight or flight response drawing blood away from the extremities.

Self Stress Test

Even Though there are various methods to alleviate stress it is always advisable for an individual to undergo the stress Test, with the help of these tests one would be able to identify their own stress level and work towards reducing it. Frank Barry, M.D., a family practiced physician in Colorado Spring says that there are tests available that would tell if a person is stressed "hot reactor" or not. There's no exercise, no threat to your life, but a lot of people still feel mental stress and agony and their blood pressures shoot up," says Dr. Barry.

The following are the stress test that ought to be made to measure the risk for disease. The first 2 tests must be followed by the activity of checking blood pressure reading twice, once before the test and once during the test for comparison.

Test 1:

Put your hand into a bucket of cold water for a minute and take it out and immediately check your blood pressure. If it is high then it is in response to the physical stress, you are a "hot reactor

Test 2:

This test is just a mathematical calculation that has to be done to identify if a person is a hot reactor or not. Start with the number 100 subtract 7 from it, continue subtracting 7 from the result obtained from the previous calculation till the value reaches 2. In the midst of your figuring, check your blood pressure, if it shows high then you are a "hot reactor".

Test 3:

You can also test yourself by asking yourself "are you working towards your own goals or someone else's?".

These tests have to be undertaken by every individual to determine their stress condition in advance so that they can avoid being prone to various diseases like cancer and heart diseases. Dr. Barry also includes that people are not interested to take up such tests just to identify if they are hot reactors or not, but instead they are meeting the various impacts of stress.

STRESS MANAGEMENT

Stress management. Stress management is effective when a person utilizes strategies to cope with or alter stressful situations.

- Models of stress management
- A sense of personal control
- Stress reduction/management service providers

- Stress management techniques
- Stress management and relaxation
- Relaxation Techniques

MODELS OF STRESS MANAGEMENT

Transactional Model

Richard Lazarus and Susan Folkman Suggested In 1984

The model conceptualizes stress as a result of how a stressor is appraised and how a person appraises his / her resources to cope with the stressor. The model breaks the stressor-stress link by proposing that if stressors are perceived as positive or challenging rather than a threat, and if the stressed person is confident that he/she possesses adequate rather than deficient coping strategies, stress may not necessarily follow the presence of a potential stressor. The model proposes that stress can be reduced by helping stressed people change their perceptions of stressors, providing them with strategies to help them cope and improving their confidence in their ability to do so.

Health Realization/Innate Health Model

The health realization model focuses on the nature of thought, stating that it is ultimately a person's thought processes that determine the response to potentially stressful external circumstances. In this model, stress results from appraising oneself and one's circumstances through a mental filter of insecurity and negativity, whereas a feeling of well-being

results from approaching the world with a "quiet mind," "inner wisdom," and "common sense".

This model proposes that helping stressed individuals understand the nature of thought--especially providing them with the ability to recognize when they are in the grip of insecure thinking, disengage from it, and access natural positive feelings--will reduce their stress.

Stress management has physiological and immune benefit effects.

STRESS AT WORK MODULES:

• Work Overload

Stress and hard work can be sold as the price of success. Develop the mindset and skills you need to manage your workload.

• Problem Jobs

Redefining tough jobs, getting the support your work deserves and taking charge of your career in today's changing workplace.

• Problem People

Powerful people, such as your boss, can support or undermine you, and working as a team can be a powerful way of getting things done. Deal with unreasonable demands, create a successful team and ensure your needs are respected.

• Your Work Environment

The frustrations of commuting. Badly organized work spaces. The techniques you need to create a more positive environment.

A Sense of Personal Control

People who have a strong sense of personal control report experiencing less strain from stressors.

Types of control

1. Behavioral control involves the ability to take concrete action to reduce the impact of a stressor. An example of this would be special breathing techniques that reduce the pain of Labors
2. Cognitive control is the ability to use thought processes or strategies to defy the impact of a stressor. Such strategies would be thinking about the event differently or focusing on a pleasant or neutral thought or sensation.
3. Decisional control is the opportunity to choose between alternative procedures or courses of action. This would occur when the patient is allowed to make a decision between alternative treatments.
4. Informational control involves the opportunity to get knowledge about the stressful event.
5. Retrospective control involves reflecting upon what caused the stressful event. An example of this would be blaming somebody. The most effective type of control is cognitive control (Cohen et al., 1986).

STRESS REDUCTION/MANAGEMENT SERVICE PROVIDERS

The list is long and includes the following...

- Occupational therapy
- Biofeedback centers
- Stress reduction clinics
- licensed psychologists and psychiatrists
- physical therapists
- wellness programs offered by companies to their employees
- EAPs (employee assistance programs)
- hospitals
- health risk appraisal companies
- health clubs
- massage services
- books, tapes, cassettes (self-help programs)
- computer interactive services (software programs)
- physicians - via the prescribing of anti-anxiety drugs
- acupuncturists
- hypnotists and hypnotherapists
- social workers
- health educators.

In the opinion of stress medicine experts, stress management programs open and close every day, and many of the techniques used by them have little or no scientific basis at all.

STRESS MANAGEMENT TECHNIQUES

Stress if not controlled in the initial stage will lead to some health hazards. Thus it is really important to take up the stress management techniques in order to reduce the effects of stress on our body for that we need to perform stress management techniques are:-

- Autogenic training
- Cognitive therapy
- Conflict resolution
- Exercise
- Meditation
- Relaxation techniques
 - Fractional relaxation
 - Progressive relaxation
 - Stress balls
- Time management
- Listening to certain types of relaxing music, particularly:
 - New Age music
 - Classical music

Thus it is always better to take up some stress management techniques such as yoga or meditation, which will make us cope up with these stresses

Music

Music is known to be a great stress reliever and healer. Experts say it is the rhythm and the beat that has a calming effect on the mind without our being conscious of it. It induces deep breathing and the brain releases the chemical serotonin which gives a feeling of joy and happiness. Playing any kind of music in the background while working unaware of it reduces stress. Combining relaxation therapy with music is more effective than relaxation alone.

Social Behavior

Stress can be greatly reduced by involving oneself in social activities. Stress can be significantly reduced by having a good healthy meal especially sharing with friends,

Laughter

Laughter serves to be a good medicine to heal stress. It releases endorphins which makes you feel good. These endorphins serve as anti-stress hormones which play a major role in reducing the stress level in an individual. So it is always advisable to do something that makes you laugh. You can also laugh at looking comedy films and so on.

Aromatherapy

Among the various stress management techniques available aromatherapy serves as another stress release technique which includes the inhalation of scented candles. You can also reduce stress to a great

extend by spending time for yourself. Bubble bath also reduces stress and muscle tension which involves the activity of relaxing oneself with a warm tub full of bubbles.

Massage

Stress can be reduced by listening to music, use of scented massage oil and indeed listening to good messages. A good massage made over the entire body will reduce stress to a great extent.

Warm Drinks and Reading

You can reduce stress by drinking warm milk, taking bath in warm water. Sleep is a wonderful stress release method. You can also relax by watching television or reading books. When we are stressed it is very difficult to sleep well, but however there are techniques that helps you sleep peacefully like a warm bath which is a must to reduce stress as it may help you to sleep.

Minds Interpretation

Stress begins with the interpretation of minds. It has some inter relationship with the mood. If a person is having some disorder in their moods then they are found to be having high stress. This is because they will be able to sense a lot of events which makes them always in the stress state. These people will be always having anxiety, fear, and worry all time with them. Even if the person don't have a mood disorder, still due to some relationship between mood and stress, he will get stress occasionally.

Mental Stimulation

Stress is caused by the various events in life. Thus re-framing an event and assuming that no such event has occurred makes a feeling of reducing the stress. Playing cards, doing puzzles all will help in reducing the stress.

Relationships support

The major advantage of having family and relationships along with you is to reduce the stress. People who stay with their family and relatives are more stress resistant than people who stay lonely. These relationships will support and friends. You when you are in stress state. Thus it is always advised to have family and relatives and friends to lead a life without stress. It is very easy for the family to support you because they will know your attitude and dislikes than relatives.

Meditation and religion

Even though people don't practice religion, it is better for us to take up meditations and prayers. This is because this will make you stress resistant. More over this will give you the mental strength to face the challenging problems. People who has divine power and trust in god used to have very good stress resistance.

Healthy Lifestyle

Another reason for a stress less life is a healthy life style. People who don't have a good health are always prone to stress related problem. This is because when they get stress hypothalamus stimulates a lot of hormones which will take up ore energy form the body. If the people are not having much energy left with them, then it will make him weak and non resistant to stress.

Visualization

An intuitive person's stress management tip could be visualization where they are using their sixth sense to gather information. A sensing person might suggest muscle relaxation where you give much importance for the tension in the muscles, this serves them as a stress management tip. Feelers think with their emotions, and while they may collect data, they make decisions based on their gut feeling. A feeler's best stress management tip might be to take some deep slow breaths

Yoga

Yoga combines postures with breathing techniques and meditation. The postures stretch your limbs and exercise and soothe your muscles, organs and the nervous system while the breathing technique helps you focus and relax at the same time. So, no matter what the asanas are called there are a few common principles inbuilt into all stress relieving asanas:

Stress Management and Relaxation

Stress may be reduced by two ways. They are stress management and relaxation. These two are closely clubbed as we need both these entities while handling the stress.

The two stages in managing the stress are identifying the stressors or the cause of the stress and coping or relaxing during the stress situation.

Certain relaxation techniques known as "formal and passive relaxation exercises" are generally performed while sitting or lying quietly, with minimal movement and involve "a degree of withdrawal". These include Autogenic training, Biofeedback, Deep breathing, Meditation, Progressive Muscle Relaxation, Pranayama, and Visualization.

Movement-based relaxation methods incorporate Exercise such as walking, gardening, yoga and more. Some forms of bodywork are helpful in promoting a state of increased relaxation. Examples include massage, acupuncture, the Feldenkrais method and Reflexology., Autosuggestion and Prayer

RELAXATION TECHNIQUE

A Relaxation technique (also known as Relaxation training) is any method, process, procedure, or activity that helps a person to relax; to attain a state of increased calmness; or otherwise reduce levels of anxiety, stress or tension. Relaxation techniques are often employed as one

element of a wider stress management program and can decrease muscle tension, lower the blood pressure and slow heart and breathe rates, among other health benefits.

Background

Since the 1960s, research has indicated strong correlations between chronic stress and physical and emotional health. Meditation was among the first relaxation techniques shown to have a measurable effect on stress reduction. In the 1970s Research released in the 1980s indicated stronger ties between stress and health and showed benefits from a wider range of relaxation media attention, including a New York Times article in 1986 Conventional techniques than had been previously known. This research received national medical philosophy adopted the concept and its early Twenty-first Century practitioners recommend using relaxation techniques to improve patient outcomes in many situations] Relaxation techniques are also a mainstay of complementary and alternative medicine (CAM). Six out of ten of the most commonly used CAM therapies are relaxation techniques.

Uses

People use relaxation techniques for the following reasons, among others:

- Anger management
- Anxiety attacks
- Cardiac health
- Depression
- General well-being

- Headache
- High blood pressure
- Immune system support
- Insomnia & Pain management

Relaxation techniques are;

- Alexander Relaxation
- Meditation
- Fractional relaxation
- Progressive relaxation
- Stress balls

Meditation techniques

Meditation is an ancient technique that originated thousands of years ago primarily in India. It was used by the Hindu sages to develop complete self-control over mind and body, with the ultimate goal of achieving a state of tranquility, spiritual enlightenment, and liberation of the spirit from the miseries of the world purposes like relief from chronic pain and other stress- related ailments like hypertension, anxiety, anger, etc.

Meditation involves focusing of the mind in quiet contemplation while consciously regulating the inhaling and exhaling of the breath. It is typically practiced in a quiet, clean environment in a seated posture with the eyes closed. The point of focus could be an image or an idea that gives comfort.

Types of Meditation Techniques for Stress Relief

There are three types of meditation techniques popular in the United States. These are:

- Transcendental meditation:
- Breathe meditation:
- Mindfulness meditation:

Fractional Relaxation Treatment

If you copy this course, use the other or unusual person during, but if you mean to use it without a copy, remember it in the first person. It is given here in the other person so. It may be read instantly from the book into the microphone. Begin learning in a soft voice, slightly slowly, and gradually slow down more and more, illustration out your terms and pausing often between sentences. Your voice and the pace of your language must propose tiredness and rest. Talk in a very slow monotone. At present let's expect you are in the described situation, and are listening to your accent next from your recorder.

Progressive Muscle Relaxation

Progressive muscle relaxation. This technique will allow you to relax your whole body. Begin at your head. Then apply pressure to facial muscles. Clench your teeth and wrinkle your brow. Hold this tension for about five to ten seconds, and then release it. Next you want to apply pressure to your arm muscles. To do this, make fists and hold them for

five or ten seconds, and then release. Continue to do this to each group of muscles in your body until you make it all the way down to your toes. Visualize as you release each muscle.

Visualization Techniques

We can also try visualization techniques. This is no doubt an excellent way to mentally take a stressful situation. Find some place comfortable to sit or lie down. Do the muscle relaxation technique and clear your mind. Pretend that you are somewhere else. Imagine a place that makes you feel better like beach.

Take slow deep breaths until you feel relaxed. Focus on all five of your senses. Imagine what you can see, feel, taste, hear, and smell. Continue to do all of this for five or ten minutes. After this bring your focus back to the present and end this techniques.

STRESS BALLS

Stress balls and their role in revealing stress

A stress relief ball is an object that measures 3 inches in diameter. This is used for therapeutic treatment of stress. All that one has to do is to hold it in the palm and squeeze it repeatedly with fingers. The repeated action of squeezing the ball and manipulating it with fingers apparently gives a feeling of relief from emotional stress and muscular tension. Sometimes it is used to exercise the muscles of the hand. It may come in the shape of a ball, or in some more interesting shapes.

Combining relaxation therapy with music is more effective than relaxation alone

- While getting ready in the morning for work play some light music. It will pep up your mood and you will have more energy mentally.
- While driving to work too and to avoid road rage, play some music it will relieve tension.

Before sleeping good sleep is a stress buster and listening to music before falling asleep can make you relaxed and lessen any tension or worry that you may have on your mind.

Suitable types of music

Choose music, which is soothing to the ears with a slow rhythm, or music that has a cyclical or repeating tone. When feeling particularly low go for something like childhood favorite music. Familiarity also brings about calmness. Take a walk with your walkman while listening to the songs parallel combining exercise with relaxation. Recorded sounds of nature, like ocean waves or breeze can reduce stress

THE ALEXANDER RELAXATION TECHNIQUE:

The Alexander technique is an educational process. It is a form of mind body re education based on the premise that positive changes. Proper use of the body facilitates ease and freedom of movement, lengthens the spine, supports head on neck without strain and promotes coordination in the performance of everyday activities. Improper use of the body results in strained muscles and feeling stressed and fatigued.

PRINCIPLES OF THE ALEXANDER RELAXATION TECHNIQUE

The following underpin the technique

- Primary control
- Use and misuse
- Faulty sensory perception
- Inhibition
- "end-gaining "and the "means whereby"
- Integration of mind and body

PRIMARY CONTROL

Alexander believed that the primary control of human posture lay in the relationships of the head to the neck and to the rest of the spine.

Primary control has 3 components:

A neck that is free and whose muscles contain only enough tension to keep the upright

INHIBITION

Many of our movement are automatic. If there is a pattern of misuse, which we want to change, a pause is required. This act of pausing constitutes. What Alexander called "INHIBITION". it allows the

individual to question the validity of this response. It gives him the chance to reconsider his action and to redirect his movement.

"END-GAINING" AND THE "MEANS WHEREBY"

Inhibition provides the opportunity to focus on the means whereby we achieve a certain end. It draws attention away from "end-gaining", where action is performed too quickly and too energetically. Alexander would say that if we attention to the means, the end will take care of itself.

INTEGRATION OF MIND AND BODY

Central to teaching of Alexander technique is a belief that the mind and the body are interdependent. Not only does the body posture reflect the individual's thoughts, but also his mind responds to the way he uses his body.

THE CONSEQUENCES OF MISUSING BODY

The continual misuse of body creates and maintains a variety of physical problems that can become chronic and interface with accomplishing the tasks of everyday life. Moving inefficiently and incorrectly strains the muscles and is an energy drain.

Some resulting physical problems associated with movement posture and movement patterns can include:

- Chronic back pain
- Chronic neck and shoulder pain
- Constant low energy and exhaustion
- Loss of voice while speaking or singing
- Poor vocal projection
- Restricted breathing patterns
- Unexplained limitation in performing a task or sport

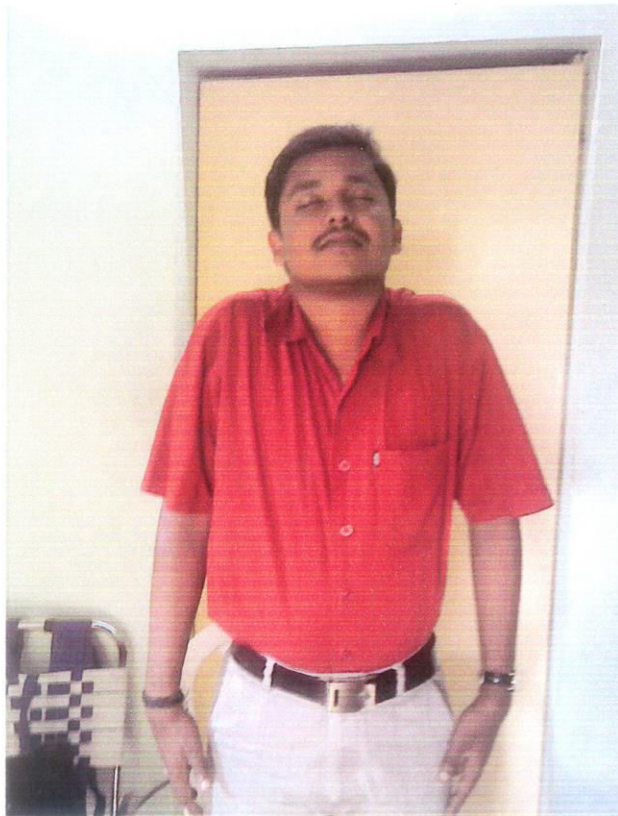
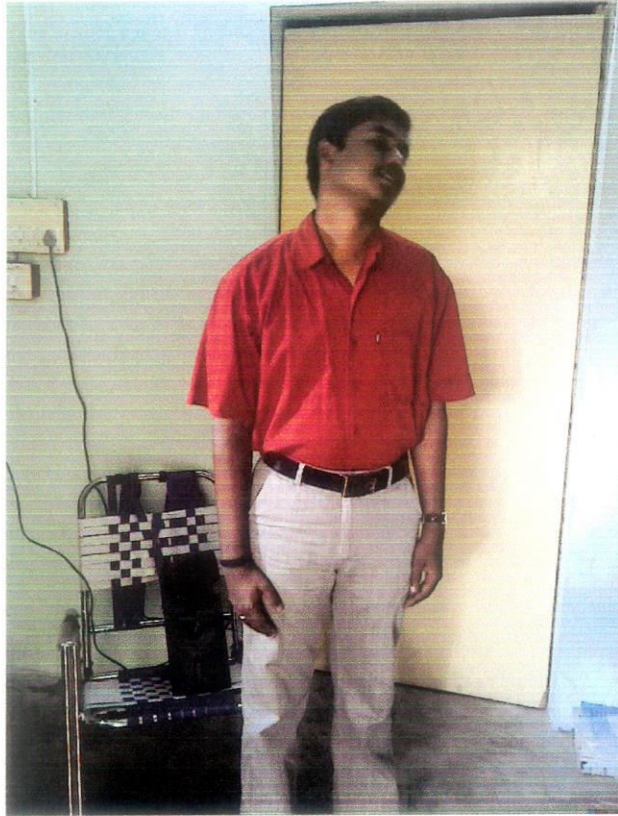
THE TECHNIQUE:

The technique itself re-educates the body to perform in a balanced and energy-economical way. Habits of misuse are identified and replaced by more appropriate ways of using the body. Assessment and connection are carried out in positions of lying, sitting standing and walking.

Some of the principal orders or directors are listed below, beginning with the three elements of **primary control**

1. neck free
2. head forward and upward
3. back lengthen other direction include
4. keeping length
5. back widen
6. shoulder release and widen

WARM PHOTO



WARM-UP

1. Stand with feet, a shoulder-width apart, stomach tucked in and back straight.
2. Gently roll the head in a half circle and move the head back and forth a few times
3. Keep the head straight; drop the left ear to the left shoulder and hold.
4. Bring the head to the center and drop the right to the right shoulder and hold
5. Bring the head back up and drop the chin to the chest
6. Hand up and drop it back.
7. Shrug the shoulders up and release for six times.
8. Roll the shoulders backward for six times
9. Roll the shoulders forward for six times
10. Place the left hand on left hip and raise the right arm up and bending to the left from the waist.
11. Hold and return to centre.
12. Place the right hand on the right hip and raise the left arm up and bending to the right from the waist

NECK FREE



ALEXANDER TECHNIQUE:

1. NECK FREE:

- Moves the head up and down, side to side gently.

2. KEEP THE "HEAD FORWARD AND UP":

- It means that the head is held with the chin pointing to the toes, not poking out.
- It also means that the head is lifted up or out of the vertebral column.

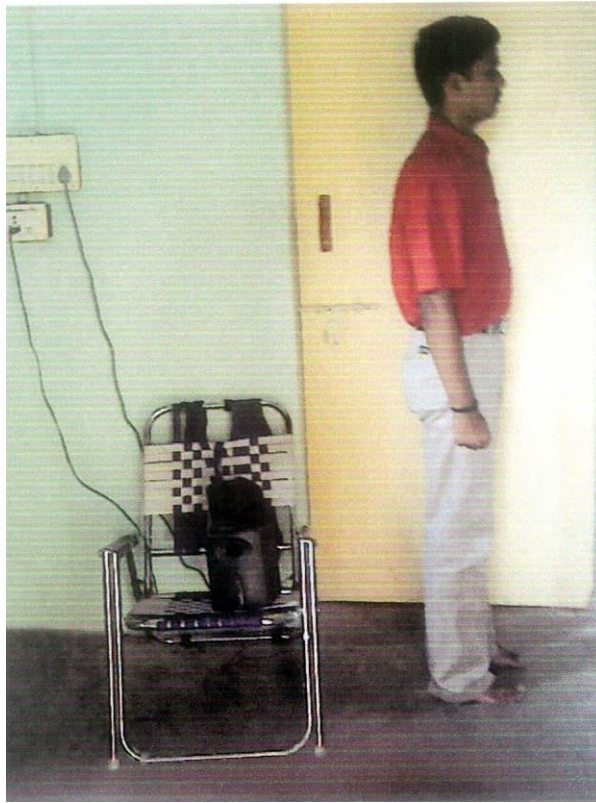
3 "BACK LENGTHEN":

- The spine should be allowed to reach its full length avoid slumping [e-shaped curve] and crumpling [over extension of spinal curves]. The head should be lightly balanced on top.

4 BALANCED STANDING POSTURE:

- The body weight is passed through the front of the heel, the knees are unbraced and the pelvis is in midposition, with the buttock neither thrown out, nor fourthly tucked under.

BALANCED STANDING



CROOK LYING POSITION



OTHER DIRECTIONS:

5 "KEEPING LENGTH":

It is related to 'back lengthen' while sitting down.

- Place the feet slightly apart and positioned so that the backs of the legs are lightly in contact with the chair seat.
- Let the arms hang loosely by the sides.
- Before lowering, let the mind focus on the idea of "Keeping length" i.e. not crumpling the spine.
- Keep the head and neck out of the vertebral column and lower to the seat.

6 "BACK WIDEN":

- The posterior part of the thorax, which should be allowed to feel wide in order to permit full expansion of the ribs i.e., promotes the image of the rib cage filling out into the back as the air enters the lungs.

7 CROOK LYING POSITION:

- Crook lying positions (Knees bent up feet flat on the ground) with a book under the head. This promotes natural symmetry.

HEAD FORWARD AND UP



BACK LENGTHEN



K. THE STRENGTH OF THE ALEXANDER TECHNIQUE:

The strength of the Alexander system is that it identifies, the decreases, neuromuscular tension that occurs below the level of conscious awareness, and confers a postural homeostasis involving an intricate and delicate of muscle coordination and adjustment in the body.

The over contraction and shortening of anatomical muscle may result in the muscle spindle failing to feed useful information back to the brain about just much the muscles are contracting.

A healthy lengthening can be brought about, however, by learning voluntarily to release muscles as well as by inhibiting the actions that made them contract in the first place. That made them contract in the first place. That voluntary releasing of unnecessary muscle tension is a critical part of what is learned in the Alexander technique.

BENEFITS OF ALEXANDER RELAXATION TECHNIQUE

- Improvements in posture, flexibility, grace, breathing
- Reduce chronic pain
- Increased comfort while sitting or standing
- Promotes feeling of lightness in movement
- Quicker habituation to noise and adverse stimulation indicating a better interaction with the environment
- Increase in alertness and faster reaction time
- Improved job performance
- Improved job satisfaction

- Improved relationship with supervisors
- Improved relationship with coworkers
- Reduction in depression
- Reduction in social inadequacy
- Increase self-esteem
- Reduction in tension headaches
- Better sleep
- Better concentration at work

METHODOLOGY

SELECTION CRITERIA

A random of 60 subjects was collected after assessing patient with STAI.

The patients fulfilled the following criteria:

Inclusion Criteria

1. Age between 20-40 years
2. Sex- no gender limit

Exclusion Criteria

1. No apparent mental deficits.
2. No other concomitant medical illness.

DESCRIPTION OF TOOLS:

The STAI has been used in clinical and research practice. It comprises self report scores for measuring state anxiety. This may be experienced in specific situation and trait anxiety experienced by the subject when there is no particular stress. The S-anxiety [STAI form Y -1} consists of 20 statements that enquire about how the subject feels the particular Alexander relaxation technique. The T -anxiety scale [STAI

from Y -2] consists of 20 statements that assess how the subject generally feels.

ADMINISTRATION:

The STAI was designed to be self-administered and may be given to either individual or to groups. The inventory has no time limits. It generally takes about 15 minutes to complete both. Complete instructions for the S-anxiety and T-anxiety scales are printed on the test form. Critical to the validity of the inventory is the examiner's clear understanding of the state instructions, which ask them to indicate how they generally feel. The S-anxiety scale is always administered first followed by the T-anxiety scale. In responding to the STAI, S-anxiety scale, examinees blacken the number on the standard test form to the right of each item statement that best describes the intensity of their feeling. In responding to the T-anxiety scale, examinees are instructed to indicate how they generally feel by rating the frequency of the feeling of anxiety.

Using the STAI, 60 subjects were assessed. They were given the following instructions:

- i. To work within fatigue limits.
- ii. Take proper rest intervals
- iii. Maintain proper, regularized eating and sleeping habits.

The subjects were taught Alexander Relaxation Technique through verbal instruction along with relaxation music given as a group. They were explained the importance of doing relaxation regularly. Subjects were explained the connection between stress and bodily function. They were also asked to arrange the tape recorder and make the environment peaceful and quiet while the subjects carried on relaxation. The subjects were demonstrated assessment by the therapist. The subjects were instructed to carry out relaxation twice a day and the post - assessment was taken after 15 days.

G. SCORING:

Each ST AI item is given a weighted score of 1 to 4. A rating 4 indicates the presence of a high level of anxiety for 10 state anxiety items and low rating indicates absence of anxiety for the other 10 state Anxiety items. A high rating indicates the absence of anxiety for the 10 Trait anxiety and low rating indicates presence of anxiety for the other 10 Trait anxiety items. This scoring weights for the anxiety absent items are reversed that is responses marked, 1,2,3,4 are scored 4,3,2,1 respectively. The items for which the scoring weights are reversed on S-anxiety and T -anxiety scales are,

S – Anxiety - 1,2,5,8,10,11,15,16,19,20

T – Anxiety - 2,5,8,9,11,12,15,17,18,20

Scoring on the S-anxiety and T - anxiety scales are done by simply adding the weighted scores for the 20 items that makes up each scale, taking into account the fact that the scores are reversed for the above items.

The scores for both Sand T anxiety can vary from a minimum of 20 to a maximum of 80.

MEAN SCORES FOR THE STAI:

The mean score for state anxiety trait anxiety was 60. The subjects scoring more than 60 in state anxiety item and less than 60 in trait anxiety item were considered/ clinically diagnosed as anxiety.

G. STATISTICS EMPLOYED:

To test the significant difference between two groups t test towards computed.

DATA ANALYSIS AND RESULTS

Table I show the scores obtained by the **STATE ANXIETY** among computer professionals after relaxation techniques.

TABLE I
PRE - POST RELAXATION STATE ANXIETY SCORES

| S. No. | Group | No. of samples | Mean | Variance | t-test | Level of signi-ficance |
|--------|------------|----------------|-------|----------|--------|------------------------|
| 1 | Pre Test | 60 | 52.81 | 8.491 | 12.36 | > 1% level |
| 2 | Post- Test | 60 | 47.56 | | | |

According to TABLE 1. there is significant difference, because the t-value is 12.36 which is greater than 1-% level. Hence hypothesis No:1 which stated that there would be no significant effectiveness of Alexander relaxation technique for state anxiety computer professionals is rejected.

Table II shows the scores obtained by the TRAIT ANXIETY among women after Alexander relaxation techniques.

TABLE II
PRE - POST RELAXATION TRAIT ANXIETY SCORES

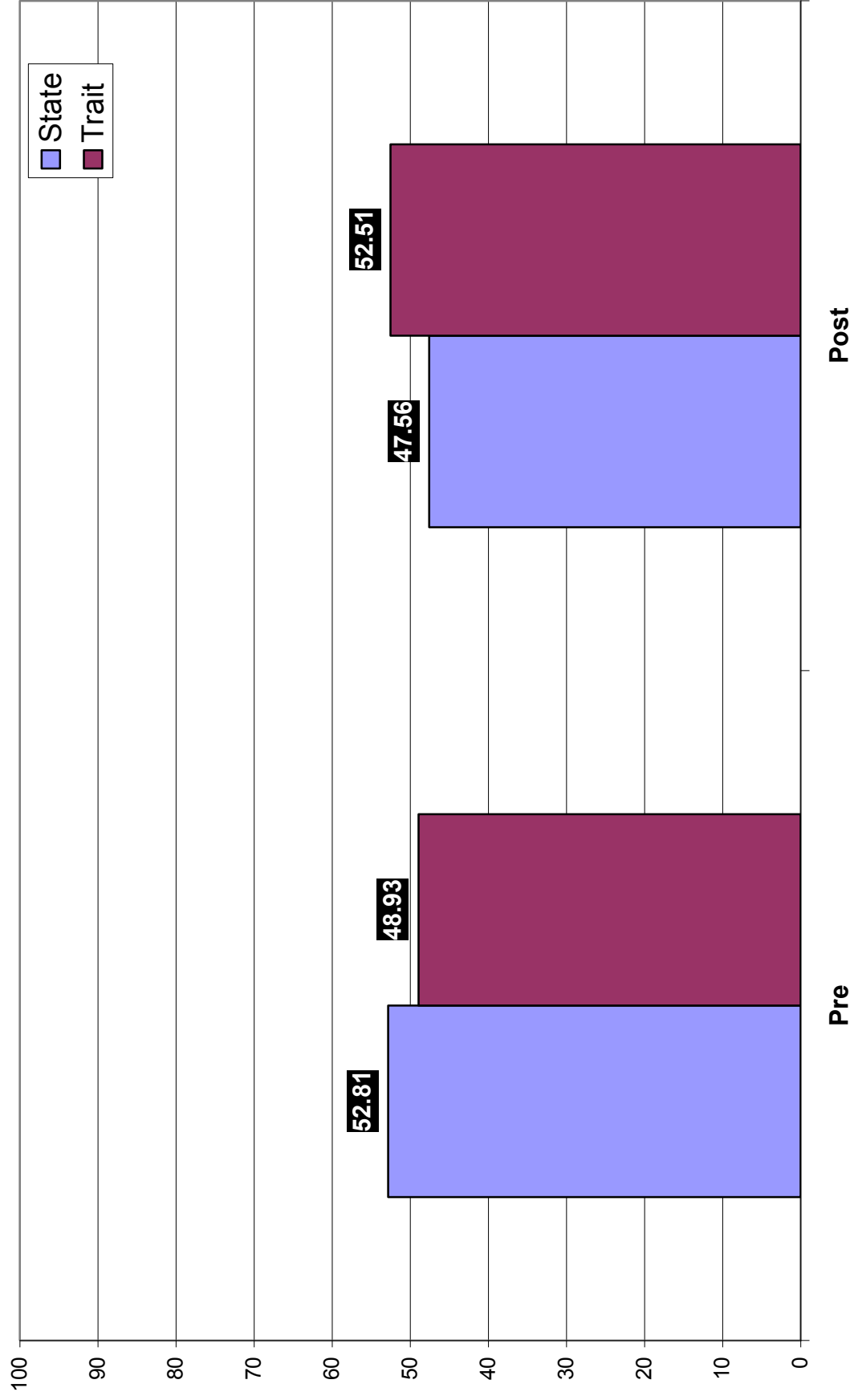
| S. No. | Group | No. of samples | Mean | Variance | t-test | Level of signi- ficance |
|---------------|--------------|-----------------------|-------------|-----------------|---------------|------------------------------------|
| 1 | Pre Test | 60 | 48.93 | 8.117 | 11.85 | > 1% level |
| 2 | Post- Test | 60 | 52.51 | | | |

According to TABLE II, there is significant difference because the t-value is 11.85, which is greater than 1 - % level. Hence hypothesis are rejected because of daily routine, regularity, and patient cooperation.

The two hypotheses are rejected because of daily routine, regularity, and patient cooperation.

After giving these relaxation techniques shows marked improvements such as better concentration, better posture, better sleep, better family relationship, better team co operation/relationship, better work performances was felt in the subjects taken for this study.

PRE AND POST RELAXATION STATE AND TRAIT ANXIETY SCORES



SUMMARY

The study was conducted 60 computer professionals were considered between the age group of 20-40 years.

STATE AND TRAIT ANXIETY INVENTORY SCALE was used before the treatment and also after 15 days of regular routine, to assess the level of stress.

Relaxation technique is a method of kinesthetic re-education involving a new postural model associated with verbal instruction and along with relaxation music given in the tape and the inhibition of bad habits replaced by consciously directed action.

On the basis of this study it is concluded that the relaxation technique promotes significant effect in reducing both state and trait anxiety among computer professionals.

LIMITATIONS AND RECOMMENDATIONS

LIMITATIONS

- Duration was limited
- The study was conducted only in computer professionals.
- The study was not conducted, comparing the unmarried and married.
- The study was carried out with in the age group of 20-40 years only.

RECOMMENDATIONS

- Duration of this study may be increased.
- The study can be conducted for both male and female.
- Comparison between unmarried and married can also be conducted.

CONCLUSION

On the basis of this study it is concluded that the relaxation technique significant effect in reducing both state and trait anxiety among computer professionals.

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APPENDIX -1

SELF-EVALUATION QUESTIONNAIRE (STAI FORM Y-1) (Evaluation State Anxiety)

Name:

Sex:

Date:

Age:

DIRECTIONS: A Number of statements which people have used to describe themselves are given below. Read each statement of the blacken in the appropriate circle to the right of the statement to indicate "how you feel right now". That is at the movement. There are no right or wrong answers. Do not spend too much time on any statement but present findings best.

| No. | Statement | Not at all | Some what | Mode- ratly | Very much |
|-----|--|---------------|--------------|----------------|--------------|
| 1. | I feel calm | 1 | 2 | 3 | 4 |
| 2. | I feel secure | 1 | 2 | 3 | 4 |
| 3. | I feel tense | 1 | 2 | 3 | 4 |
| 4. | I feel strained | 1 | 2 | 3 | 4 |
| 5. | I feel at care | 1 | 2 | 3 | 4 |
| 6. | I feel upset | 1 | 2 | 3 | 4 |
| 7. | I am presently working over possible misfortune | 1 | 2 | 3 | 4 |
| 8. | I feel rested | 1 | 2 | 3 | 4 |

| No. | Statement | Not at all | Some what | Mode- rately | Very much |
|------------|-------------------|-----------------------|----------------------|-------------------------|----------------------|
| 9. | I feel frightened | 1 | 2 | 3 | 4 |
| 10. | I feel confident | 1 | 2 | 3 | 4 |
| 11. | I feel nervure | 1 | 2 | 3 | 4 |
| 12. | I feel jittery | 1 | 2 | 3 | 4 |
| 13. | I feel indecisive | 1 | 2 | 3 | 4 |
| 14. | I feel relaxed | 1 | 2 | 3 | 4 |
| 15. | I feel content | 1 | 2 | 3 | 4 |
| 16. | I feel worried | 1 | 2 | 3 | 4 |
| 17. | I feel confused | 1 | 2 | 3 | 4 |
| 18. | I feel pleased | 1 | 2 | 3 | 4 |
| 19. | I feel happy | 1 | 2 | 3 | 4 |

SELF-EVALUATION QUESTIONNAIRE
(STAI FORM Y-2)
(Evaluation Trait Anxiety)

Name:

Sex:

Date:

Age:

DIRECTIONS: A Number of statements which people have used to describe themselves are given below. Read each statement of the blacken in the appropriate circle to the right of the statement to indicate "how you to generally fell", There are no rights or wrong answer. Do not spend too much time on any one statement but present finding best

| No. | Statement | Not at all | Some what | Mode- ratly | Very much |
|-----|--|---------------|--------------|----------------|--------------|
| 1. | I feel pleasant | 1 | 2 | 3 | 4 |
| 2. | I feel nervous of restless | 1 | 2 | 3 | 4 |
| 3. | I am satisfied with myself | 1 | 2 | 3 | 4 |
| 4. | I wish I could be as happy as other seem to bee | 1 | 2 | 3 | 4 |
| 5. | I feel like failure | 1 | 2 | 3 | 4 |
| 6. | I feel rest | 1 | 2 | 3 | 4 |
| 7. | I feel calm, cool, of collected | 1 | 2 | 3 | 4 |
| 8. | I feel difficulties pilling up so that I cannot over come them. | 1 | 2 | 3 | 4 |
| 9. | I worry too much over something | 1 | 2 | 3 | 4 |
| 10. | I am happy | 1 | 2 | 3 | 4 |

| No. | Statement | Not at all | Some what | Mode- rately | Very much |
|------------|---|-----------------------|----------------------|-------------------------|----------------------|
| 11. | I have disturbing thoughts | 1 | 2 | 3 | 4 |
| 12. | I lack self confidence | 1 | 2 | 3 | 4 |
| 13. | I feel secure | 1 | 2 | 3 | 4 |
| 14. | I take decision early | 1 | 2 | 3 | 4 |
| 15. | I feel inadequate | 1 | 2 | 3 | 4 |
| 16. | I feel content | 1 | 2 | 3 | 4 |
| 17. | Some unimportant thoughts runs though my mind of bothers me | 1 | 2 | 3 | 4 |
| 18. | I take disappointment so keenly that I cant put them out I mind | 1 | 2 | 3 | 4 |
| 19. | I am steady person | 1 | 2 | 3 | 4 |
| 20. | I get in a state of tension or turmoil as I think over my recent concern of interest. | 1 | 2 | 3 | 4 |

தன் பகுப்பாய்வு வினாத்தாள் - 1

பெயர் வயது ஆண்-பெண் தேதி கல்வி
தொழில் தாய்மொழி வீட்டு முகவரி

இங்கே தரப்பட்டுள்ள ஒவ்வொரு வாக்கியத்தையும் படித்த பிறகு, நீங்கள் பொதுவாக எப்படி உணருகிறீர்கள் என்பதனைக் குறிக்கவும்.

| வ. எண் | வாக்கியத் தொகுப்பு | எப்போதும் இல்லை | எப்போதாவது | நடுத்தரமான | எப்போதுமே |
|--------|--|-----------------|------------|------------|-----------|
| 1. | நான் இனிமையான மன நிலையில் இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 2. | நான் விரைவில் களைப்படைகிறேன். | 1 | 2 | 3 | 4 |
| 3. | எனக்கு அழ வேண்டும் போல இருக்கிறது. | 1 | 2 | 3 | 4 |
| 4. | மற்றவர்கள் சந்தோஷமாக இருக்கும் அளவே நானும் சந்தோஷமாக இருக்க வேண்டும். | 1 | 2 | 3 | 4 |
| 5. | வேண்டிய விரைவில் முடிவுக்கு வர இயலாமையால் நான் பல இழப்புகளுக்கு உள்ளாகிறேன். | 1 | 2 | 3 | 4 |
| 6. | நான் ஓய்வாக இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 7. | நான் அமைதியுடனும், கிளர்ச்சியற்றும், கட்டுக்கோப்புடனும் இருக்கிறேன். | 1 | 2 | 3 | 4 |
| 8. | என்னுடைய கஷ்டங்கள் அதிகரித்துக் கொண்டிருப்பதால், நான் அவற்றைத் தீர்க்க முடியாமல் தவிக்கிறேன். | 1 | 2 | 3 | 4 |
| 9. | நான் உண்மையாகவே முக்கியமில்லாத சிலவற்றைப் பற்றி மிகவும் அதிகமாகக் கவலைப்படுகிறேன். | 1 | 2 | 3 | 4 |
| 10. | நான் மகிழ்ச்சியாக இருக்கிறேன். | 1 | 2 | 3 | 4 |
| 11. | நான் என்னையும் கஷ்டமானதாகவே எடுத்துக் கொள்கிறேன். | 1 | 2 | 3 | 4 |
| 12. | எனக்குத் தன்னம்பிக்கை இல்லை. | 1 | 2 | 3 | 4 |
| 13. | நான் பாதுகாப்புணர்ச்சியோடு இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 14. | நான் கஷ்டங்களையோ, நெருக்கடியான சந்தர்ப்பங்களையோ எதிர் கொள்வதைத் தவிர்க்கவே முயலுகிறேன். | 1 | 2 | 3 | 4 |
| 15. | நான் சோகமாக இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 16. | நான் திருப்தியாக இருக்கிறேன். | 1 | 2 | 3 | 4 |
| 17. | என் மனதில் சில முக்கியமில்லாத சிந்தனைகள் ஓடி, என்னை வருத்துகின்றன. | 1 | 2 | 3 | 4 |
| 18. | ஏமாற்றங்களை எனது மனத்திலிருந்து தள்ள முடியாத அளவுக்கு, அவற்றைப் பெரிதாக எடுத்துக்கொள்கிறேன். | 1 | 2 | 3 | 4 |
| 19. | நான் சமநிலையான மனிதன். | 1 | 2 | 3 | 4 |
| 20. | சமீபத்திய எனது விருப்பங்களையும், தொடர்புகளையும் நினைத்துப் பார்க்கும் போது நான் ஒருவித விறைப்பு நிலையையோ அல்லது குழப்ப நிலையையோ அடைகிறேன். | 1 | 2 | 3 | 4 |

APPENDIX – 2

தன் பகுப்பாய்வு வினாத்தாள் - 1

பெயர் வயது ஆண்-பெண் தேதி கல்வி

தொழில் தாய்மொழி வீட்டு முகவரி

மக்கள் தங்களைப் பற்றி விவரிப்பதற்காகக் கொடுக்கப்பட்ட சில கூற்றுக்கள் கீழே தரப்பட்டள்ளன. ஒவ்வொரு வாக்கியத்தையும் நீங்கள் தற்போது இந்த நிமிடத்தில் எப்படி உணருகிறீர்கள் என்பதைக் குறிக்கவும்.

இதில் சரியான விடை, தவறான விடை என்று எதவும் இல்லை. ஒரே வாக்கியத்திற்கு அதிக நேரம் செலவழிக்காமல் உமது தற்போதைய உணர்ச்சியை மிகவும் பிரதிபலிக்கும் விடையைக் கொடுக்கவும்.

| வ. எண் | வாக்கியத் தொகுப்பு | எப்போதும் இல்லை | எப்போதாவது | நடுத்தரமான | எப்போதுமே |
|--------|--|-----------------|------------|------------|-----------|
| 1. | நான் மன அமைதியுடன் இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 2. | நான் பாதுகாப்பு உணர்ச்சியோடு (Secure) இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 3. | நான் விறைப்பு நிலையில் இருக்கிறேன். | 1 | 2 | 3 | 4 |
| 4. | நான் இரங்கல் நிலையில் இருக்கிறேன். | 1 | 2 | 3 | 4 |
| 5. | நான் நிம்மதியாக இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 6. | நான் நிலை குலைந்து இருப்பதாக இருக்கிறேன். | 1 | 2 | 3 | 4 |
| 7. | நான் இனி வரக்கூடும் துரதிருஷ்டங்களுக்காகத் தற்போது கவலைப்பட்டுக் கொண்டிருக்கிறேன். | 1 | 2 | 3 | 4 |
| 8. | நான் ஓய்வாக (Rested) இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 9. | நான் தவிப்பு நிலையில் இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 10. | நான் சௌகரியமாக இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 11. | நான் தன்னம்பிக்கையோடு இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 12. | நான் பதைபதைப்பில் இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 13. | நான் நடுக்கநிலையில் இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 14. | நான் முடுக்கி விடப்பட்ட நிலையில் இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 15. | நான் தனிவுற்ற நிலையில் (Relaxed) இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 16. | நான் திருப்தியாக இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 17. | நான் கவலையாக இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 18. | நான் அதிக உணர்ச்சி வசப்பட்ட நிலையிலும் வெலவெலத்த நிலையில் இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 19. | நான் மகிழ்ச்சி நிலையில் இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |
| 20. | நான் இனிமையான மனநிலையில் இருப்பதாக உணர்கிறேன். | 1 | 2 | 3 | 4 |